

Characteristics of adult – onset Familial Mediterranean Fever in Northwest of Iran (Ardabil)

Background & objectives: *Familial Mediterranean Fever (FMF) is a disorder characterized by sporadic, paroxysmal attacks of fever and serosal inflammation. The disease begins before age 20 years in most patients. In this study, we aimed to investigate the demographic and clinical characteristics of our FMF patients with an age of onset above 20.*

Material & Methods: *over the period of four years from 2004-2007, FMF was diagnosed in 44 consecutive patients who referred to gastroenterology clinic. All fulfilled the diagnostic criteria of Livneh et al. All patients were of Azeri Turk origin.*

Findings: *The most common symptom were abdominal pain and Fever (95% and 91% respectively), Arthritis and erysipelas – like erythema were rare.*

Mean age at the time of diagnosis were 34.5 ± 9.7 years (range 21-57 years) and mean diagnosis delay was 5 ± 5.9 years (range 6 months – 30 years)

Serious misdiagnosis was made in 11 (25%) patients, the most common was appendicitis. All patients responded to colchicine.

Conclusion: *Adult onset FMF may be a form of disease with distinct clinical, demographic and molecular characteristics. Prospective studies to identify genotypic Features are needed.*

Key words: *FMF, Polyserositis, Peritonitis, Pleuritis, Arthritis, colchicines, Fever*